

MHS Curriculum Overview  
Physical Education

Last Updated June 2024

Gradebook standards for all physical education courses are:

- WI Standard 1: Active Movement - Participation/activity level in physical activities depends on the consistent execution of motor skills & movement patterns
  - While participating in game play activities students should move with a purpose, understanding concepts such as positioning, transitioning from offense to defense and game strategies, maintain an elevated heart rate and increase muscular strength and endurance.
- WI Standard 3: Knowledge and Skill Concepts - Critical thinking about rules, strategies & etiquette enhances performances.
  - Students should be able to apply the knowledge they have gained to participate successfully. Understanding proper etiquette, strategy and game play rules is the key to success.
- WI Standard 5: Personal Responsibility - Responsible people respect self, others & equipment in physical activity settings
  - Students exhibit responsible personal and social behavior that respects self and others in the physical activity setting. Being on time and prepared for class is a success skill that shows you're ready to be active and learn.

<p><b>Physical Education 9</b></p> <p>Topics of Study</p> <ul style="list-style-type: none"> <li>● Archery</li> <li>● Basketball</li> <li>● Lacrosse</li> <li>● Badminton</li> <li>● Flag football</li> <li>● Swim</li> <li>● Rugby</li> <li>● Golf</li> <li>● Tennis</li> <li>● Yard games.</li> </ul>	<p><b>Physical Education 10</b></p> <p>Topics of Study</p> <ul style="list-style-type: none"> <li>● CPR,</li> <li>● Swim</li> <li>● Social dance</li> <li>● Volleyball</li> <li>● Floor hockey</li> <li>● Pickleball</li> <li>● Soccer</li> <li>● Tchoukball</li> <li>● Ultimate frisbee</li> <li>● Team handball</li> <li>● Softball</li> <li>● Yard games</li> </ul>	<p><b>Lifetime Fitness</b></p> <p>Topics of Study</p> <ul style="list-style-type: none"> <li>● Aerobic and fitness center activities.</li> <li>● Speed walking.</li> <li>● Recreational sport activities</li> </ul>
<p><b>Strength and Speed</b></p> <p>Topics of Study</p> <ul style="list-style-type: none"> <li>● Warm-up, flexibility, and speed drill programing</li> <li>● Prescribed workout plans</li> <li>● Speed, power and acceleration.</li> </ul>	<p><b>Fitness Through Sport</b></p> <p>Topics of Study</p> <ul style="list-style-type: none"> <li>● Volleyball</li> <li>● Basketball</li> <li>● Flag football</li> <li>● Badminton</li> <li>● Bowling</li> <li>● Lacrosse</li> <li>● Softball</li> <li>● Floor hockey</li> <li>● Golf</li> <li>● Yard games</li> </ul>	